



DEXTER SENIOR VOICE

May 2025



MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy May, Dexter Senior Center Members!

May is my favorite month of the year. It is not too hot or too cold, making it perfect for spending time outdoors. Speaking of getting outdoors, Dana is starting a Walking Club so we can take advantage of the beautiful parks and trails around town. Be sure to come to the informational meeting on May 21 to learn more.

This is just one of the many new programs we are working on. Dana has also been busy incorporating some of your suggestions, and we are always open to hearing more ideas. If there is something you or someone you know would like to try, let us know.

Things are going well at the Center. The new facility project is moving along, and our team feels complete now that Judy and Dana are officially on board. We have also been receiving fantastic support from the community. In April, we were grateful to renew our partnerships with Webster, Scio, and Dexter Township, and receive donations from Erratic Ale and Chelsea Hospital. Thank you!!

Of course, we are supported by our wonderful members too. A big thank you to Sandy, Sally, and everyone who donated craft items for us to sell at the Dexter Garden Club Plant Sale on May 17. We are also looking for about 10 volunteers to ride in our parade float at the Memorial Day Parade. If you are interested, sign up at the Center. Have a great May!

Sincerely,
Anna Pekrul



Contact Information

Dexter Senior Center
2810 Baker Rd., Suite 100
Dexter, MI 48130
(734) 426-7737

Executive Director

anna.pekrul@dexterseniors.org

Program Manager

dana.waters@dexterseniors.org

Senior Nutrition

Emily Kiesler
Suzanne Rossi
(734) 253-2370

Reception

Judy Egeler
(734) 426-7737

Website

dexterseniors.org

Hours

Monday - Fridays
9:00 am - 3:00 pm

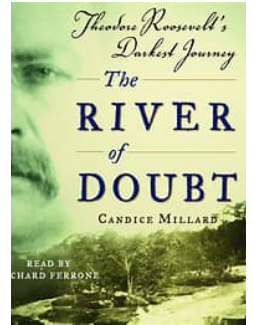
Next Board Meeting

Dexter Wellness Center
May 28 at 3:00 pm

MAY HIGHLIGHTS & ANNOUNCEMENTS

BIRTHDAY CELEBRATION: Join us for lunch, cake, and ice cream on Wednesday, May 21st at 12:00 pm. May birthday members eat free; others are \$5. **You must sign-up and pay 48-hours in advance.** Thanks to 5 Healthy Towns Foundation for their support!

BOOK CLUB: Friday, May 30th at 10:00 AM. Mays book is *The River of Doubt: Theodore Roosevelt's Darkest Journey*, is a work of nonfiction by Candice Millard. The book describes Roosevelt's 1914 expedition down an unexplored river in the Amazon rainforest, which nearly cost him his life. Despite poor preparation for the trip, Roosevelt and the group managed to overcome the Amazon's physical and psychological challenges and placed a 1,000-mile river on the map in a historic accomplishment. The book became a New York Times Best Seller and was a finalist for the Quill Award.



Blood Pressure Check: Every first Tuesday of the month starting May 6th at 1:00 PM. No appointment needed. Blood pressure checks will be done by a registered nurse, from Faith Community Chelsea Hospital.

Grief Support Group: Every Wednesday, starting May 7th - June 18th at 2:00 PM - 3:30 PM. (No Class on May 21st and on May 31st time changed to 1:30 PM - 3:00PM) This will be a free 6 week class, with an option to buy a book. By Susan Amsdill, LPC. Sign up at DSC.

Walking Club Information Meeting, with a guest speaker from Hudson Mills Metroparks: May 21st at 2:00 PM. Presenting an introduction to hiking, safety, trails, supplies, and identifying native plants. We will also plan our next monthly walks or hikes.

Dexter Garden Club Plant Sale: Saturday, May 17th at 9:00 AM - 1:00 PM. (At the Dexter Gazebo, Monument Park, corner of Main and Central Streets in downtown Dexter.) Come visit the DSC table with handmade items by members.

Wylie Elementary School, 3rd grade Interviews: May 19th at 12:30 PM. Wylie 3rd graders will be coming to interview Members. Please join us!

Cinco De Mayo Canvas Painting Class and Mexican Refreshments: May 5th at 2:00 PM - 4:00 PM. \$25.00 for supplies and teaching, by Sheila, from Canvas Creations. Please RSVP at DSC.

Massage Appointments: Once a Month, Starting May 16th from 9:00 AM - 12:00 PM: Offering massages of the neck, back, shoulders and hands. \$15.00 for 15 Minutes (up to 30 min.) Call to make appointments with Lilly: (810) 986-2477. Midwest Massage Co.
<https://midwestmassageco.square.site/>

BINGO Sponsors: May 1st: Julie, from Visiting Angles. 734-385-2030 **May 29th:** Lorrie, from Brookdale Assisted Living, 734-213-1708. **June 26th:** Kate, Comfort Keepers Home Care. 734-234-8277

Future Presentations by Catholic Charities Washtenaw County/Senior Resource Connect: June 26th 2:00 PM (Cyber scam security for phone & computer.) **July 17th 1:00 PM** (Senior services programs 101.) **August 21st 1:00 PM** (5 ways we can all prevent elder abuse.)



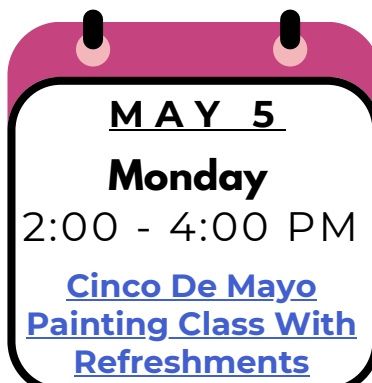
New Events




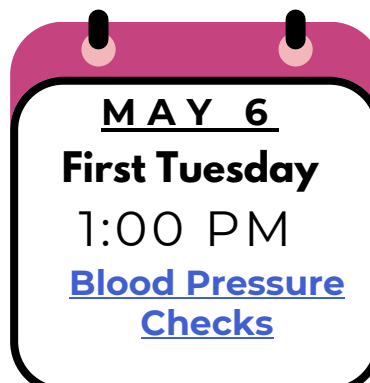
Dexter Senior Center



MAY 5
First Monday
1:00PM
[BHN Social,
Making Glitter Jars](#)



MAY 5
Monday
2:00 - 4:00 PM
[Cinco De Mayo
Painting Class With
Refreshments](#)



MAY 6
First Tuesday
1:00 PM
[Blood Pressure
Checks](#)



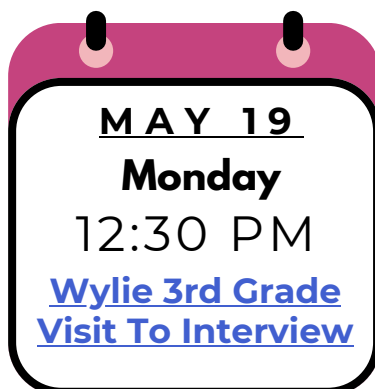
MAY 7
Every Wednesday
2:00 PM
[Grief Group,
6 Weeks](#)



MAY 12
Monday
1:00 PM
[Travel Group,
Planning Meeting](#)



MAY 16
Friday
9 AM - 12PM
[Massage Therapy
Appointments](#)




MAY 19
Monday
12:30 PM
[Wylie 3rd Grade
Visit To Interview](#)



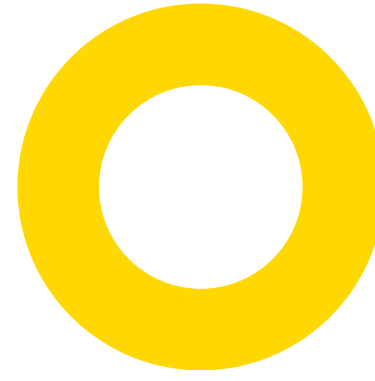
MAY 19
Monday
1:30PM
[Mindful Meditation
Class](#)



MAY 21
Wednesday
2:00 PM
[Walking Club
Meeting & Speaker
From Hudson Mills](#)



Dexter Senior Center
2810 Baker Rd.
734-426-7737



MUSIC & LANGUAGE

CHOIR "Friends in Harmony": Wednesdays at 1:00 pm. Please contact Janet Potter at (734) 253-2474 for information or questions.

DULCIMER GROUP: Thursdays at 10:00 am. New members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

EGINNERS DULCIMER GROUP: Tuesdays at 10:30 am. Beginners and new members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

UKELELE GROUP: Wednesdays at 12:00 pm - 1:00 pm in the Lower Level of Dexter Library. Must know basic chords and play in rhythm. Yellow book used for jamming. Contact Mary Lou at (734) 255-1925 for information. Leave a message. Masks are suggested.

- **ALL INSTRUMENT JAM:** 2nd Wednesdays of the month 6:30 pm - 8:30 pm, at Crossroads Community Center. 5501 Webster Church Rd, off of Farrel Rd.

FRENCH STUDY GROUP: Fridays at 11:00 am at the Dexter Library.

FITNESS

CHAIR YOGA: Mondays 11:00 am - 12:00 pm in the Wellness Center Conference Room. A slow-paced, accessible stretch session for all abilities, including those with arthritis or mobility challenges. Led by certified instructor and life coach Dianna Kause.

TAI CHI: Tuesdays 2:00 pm - 3:00 pm in the Wellness Center Conference Room. Mediation and Movement with Wu Style Tai Chi Chuan. Pain control, muscle development, and balance.

STRENGTH & STRETCH CLASS: Tuesdays with Marta 9:00 - 10:00 am, and Thursdays with Roo Morgan 10:00 - 11:00 am at Dexter Senior Center. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

RISE & SHINE GENTLE YOGA: Tuesdays and Fridays 8:00 - 9:00 am at Dexter Senior Center. Led by Joslyn from Verapose Yoga Studio, this class is designed for active seniors comfortable with floor movements. Modifications are available. Please bring a yoga mat, cushion or blanket, and an open mind and heart.

CHAIR ZUMBA: Tuesdays 10:00 - 10:30 am in the Wellness Conference Room. Join the party, with instructor Marta, for active older adults that combines Latin and International dance moves and music.

SENIORS OBTAINING STRENGTH (SOS): Wednesdays 9:00 - 10:00 am at Dexter Senior Center. Join instructor Karen Fazioli for an engaging class focused on improving strength, balance, and mobility through resistance training and functional movements. Build confidence and independence in a supportive, social setting. **(No Class on May 7th & 14th.)**

SENIOR SWIM: 8:30 - 9:30 am Monday, Wednesday, Friday at Wylie Elementary School. Cost is \$1

MINDFUL MEDITATION (Lets Be More Mindful): May 19th at 1:30pm. This class will explore many ways that we can become more mindful. Learn practical techniques to lessen stress, anxieties and develop a meditative approach that works for you.

GAMES

BRIDGE: Mondays at 12:30 pm. All skill levels are welcome. Please contact Tony Doeppen at (317) 437-1644 if you have questions.

EUCHRE: Wednesdays at 12:30 pm. Drop-ins welcome!

CRIBBAGE: Thursdays at 12:30 pm. Drop-ins welcome!

PINOCHLE: Tuesday 12:00 pm, Wednesday 9:30am, and Friday at 12:00 pm. Beginners welcome on Wednesdays!

BINGO: Thursdays at 1:00 pm. (Sponsored by Brookdale W. Eisenhower on the May 29th)

CHINESE MAHJONG: Fridays at 1:00 pm. Questions, please text Katy at (810) 623-7465, or stop by while they're playing.

DOMINOS: Every Tuesday at 1:00 pm. All levels are welcome to play Mexican Train Dominos and easier version Chicken Foot Dominos.

Chess & Word Games Interest Form: Interested in starting a group for chess, checkers, dice games, or word games like Scrabble or Boggle? Call the Center with days and times that work for you. We're hoping to get new groups started in June!

ARTS & CRAFTS

WEAVING LESSONS: Fridays at 9:00 am. Contact Mary Robinson at (734) 223-5646 for more information.

NEEDLE ARTS, COLORING & CRAFTS: Mondays at 10:00 am. Bring your knitting, crocheting, cross-stitch, or other projects and enjoy creative time with fellow members in a fun and inspiring environment.

CARD MAKING CLASS: May 19th at 10:00 am. Cost is \$10, call Judy Welsh at (630) 240-2603 to register by May 16th.

Cinco De Mayo Canvas Painting Class & Mexican Refreshments: May 5th at 2:00 PM - 4:00 PM \$25.00 for supplies and teaching, by Sheila, from Canvas Creations. Please RSVP at DSC.

Mystery Watercolor Painting Class: June 25th at 10:00 AM. Free painting class! Learn wet on wet with watercolor paint, with step-by-step instructions by Dexter Senior Center Members. Supplies will be provided.

Looking for Teachers: If you have a skill or interest in teaching classes such as as crafts, flower arranging, woodworking, pottery, cooking, dance, creative writing, or anything else. Please contact Dana, the program manger at DSC. We are always looking to start new classes.

TRAVEL GROUP AND UPCOMING TRIPS

Travel Group Meeting: May 12th at 1:00 PM. This is a great chance to explore upcoming travel options, meet fellow travelers, and share your ideas for planning day and overnight trips.

Michigan Central Train Station: May 23rd at 9:30 AM - 3:00 PM. \$25.00 per person for the tour and bus ride. Lunch after the tour at Slows BBQ (5-minute walk across the station) is not provided in the price of the ticket. The bus leaves at 9:30 AM and returns at 3:00 PM from Dexter Senior Center. Pay at sign-up; space is limited, and you must be a member to go. **(This trip is full but you can be put on the wait list if interested)**

Matthaei Botanical Gardens: June 17th at 10 AM - 11:30 AM. \$10.00 per person for tour and make a terrarium. No Transportation provided, Meet at 1800 N. Dixboro Rd. Ann Arbor MI 48105 at 10:45.

Detroit Tiger Game: July 9th at 11:45 AM - 5:15 PM. \$50.00 per person. this is an estimated return time incase the game goes longer. Please sign up and pay, by June 8th, at DSC.

Village Travelers: Will be back to present day and overnight trips, June 16th at 1:00 PM, during our monthly Travel group meeting. Check out upcoming trips and sign up on their website. <https://www.villagetravelers.net>

RESOURCES

Medicare Counseling, from State Health Insurance Program (SHIP) Certified Counselors: No appointments for May, due to Holiday. Appointment sign-up times at 10:00, 11:30, and 1:00 pm. Topics include getting started with Medicare, choosing a Part D drug plan, Medicare Advantage options, and more. Call the Center to make an appointment.

Medicare Counseling: Appointments available with Lois Beerbaum (734) 726-5292.

Meals on Wheels: Delivered Monday-Friday at lunchtime, offering a low-cost meal and a friendly visit. Monthly menus are in the newsletter. Call Emily at (734) 253-2370 for details to reserve your meal 48 hours in advance. Suggested donation: \$3 per meal.

Senior Cafe: Mondays, Wednesdays and Thursdays at noon. Enjoy a low-cost meal and socialize. Monthly menus are in this newsletter. Reserve your meal 48 hours in advance by calling (734) 253-2370. Suggested donation is \$3 (cash or check). If you haven't arrived by 12:15 pm or called ahead, your meal may go to those on the waitlist.

Footcare: Tuesday, March 18th, 9:00 am - 2:00 pm. Call Heather Schanz at (414) 436-6876 to schedule an appointment.

Reflexology: Thursday, March 13th and March 27th. Call Barb Fisher at (734) 664-7465 to schedule an appointment.

Massage Appointments, May 16th between 9:00 AM - 12:00 PM. Call Lilly (810)-986-2577

Notary Service: Available by appointment with Jeanne Bradish at (734) 223-1423.

RESOURCES CONTINUE

2U Vision: Every other month, on the third Monday, from 12:30 PM - 2:30 PM. Next visit June 16th. Free cleaning and repairs. Bring your prescription for new eyeglasses. info@2Uvision.com or call Paul for eye doctor appointments (248) 232-6584.

Social Wellness Hour, with Chelsea Hospital Behavioral Health Navigators (every first Monday of the month): May 5th at 1:00 PM, in the Wellness Center Conference Room. May is Mental Health Month. We will focus on positive coping skills and making glitter jars.

Care Services: (Thank you to our partners as BINGO sponsors & presenters.)

Visiting Angels: Help with homecare support; bathing & dressing, assistance with walking, medication, errands/shopping, light housekeeping, companion, respite, live-in, Alzheimer's care. [VisitingAngels.com](http://visitingangels.com). Call Julie Hartner at 734-385-2030, <http://visitingangels.com/>

Comfort Keepers Home Care: Help with homecare support; companion, personal, transportation, end-of-life, & post hospital, and Alzheimer's Care.) 7910 Ann Arbor St. #2, Dexter, MI 48130. Call Kate at 734-234-8277,

Brookdale Senior Living: Voted the #1 memory care community in Washtenaw County by US News. A standalone exclusive safe memory community. A dedicated and trained staff that specializes in dementia care. 705 W. Eisenhower Pkwy, Ann Arbor, MI 48103. Call Lorrie Kesckes at 734-213-1708. lorkec@brookdale.com, <https://www.brookdale.com/privacy-policy/>

Care Management by Natalie: Help with homecare support, scheduling, transportation, advocate, connecting to services, and planning to fit your needs. Call 734-224-4144. caremanagementbynatalie.com, info@cmbynatalie.com

Catholic Charities of Washtenaw County /Senior resource connect: Help find resources and connect older adults and caregivers. (SeniorResourceConnectMI.org) **RSVP-Senior Volunteer program:** Volunteer opportunities for older adults to use their valuable life experiences to make real impact in the community. (csswashtenaw.org/seniors/rsvp-senior-volunteer-program)

TRANSPORTATION

Feonix Transportation: No cost transportation for older adults. Monday through Friday 6:00 am - 11:00 pm, and Saturdays 8:30 am - 6:00 pm. Call (734) 259-4125 to schedule.

Open to all Washtenaw County residents ages 60+ seeking transportation for: Medical Care, Health Care, Grocery Shopping, Food Pantry Appointments.



Washtenaw Area Value Express (WAVE):

\$2.50 withing city limits, \$3.00 local outside city limits, \$5.00-\$6.00 for those under 60. Caregivers ride at no extra cost. WAVE does not provide personal care attendants.

WAVE vouchers are paid for by Chelsea Senior Center's ROAM program with funds from the AACF Vital Seniors Initiative. Vouchers are available while funding lasts. Must be 60 or older and live in Chelsea or Dexter school district.

**Call WAVE Dispatch to schedule
(734) 475-9494**



**Rural Older Adults
in Motion**





Dexter Senior Center
2810 Baker Rd.
Dexter MI 48130
734-426-7737

www.dexterseniors.org

Membership Form

Dues \$25

Dues are for one year from the time of payment.
Please make checks payable to Dexter Senior Center

Renewal _____ New _____

Date Submitted _____

Name: _____

Phone: _____ --- _____

Date of Birth: _____ Email Address: _____

Address: _____ City: _____ Zip: _____

Township: City of Dexter Dexter Twp Scio Twp Webster Other: _____

How would you like to receive your newsletter? Pick Up Email Mail

How would you like to stay up to date on center changes? Text Email Phone

In case of emergency, I authorize the Dexter Senior Center personnel to act in my behalf to authorize medical treatment to, upon, or for the benefit of myself and that such treatment shall be my full responsibility including transit to the nearest medical facility. I give permission for staff to notify my emergency contact(s). Initial here: _____

Emergency contact: Name: _____

Phone: _____

Photo release: I give permission to the Dexter Senior Center to use my photo for any promotion materials if taken while participating in any of the Center's activities or events. Initial here: _____

Waiver of Liability: I understand that all programs/activities involve some risk of accident or injury. I agree to indemnify Dexter Senior Center and its affiliates and hold them harmless from any liability, claims, demands, and judgments arising at any time when I participate in any program or activity. My choice to participate at the Dexter Senior Center, including the use of its equipment, is at my own risk. I understand that Dexter Senior Center does not provide insurance for participants, nor does it assume responsibility for accidents or injuries. Initial here: _____

The Dexter Senior Center is a non-profit organization and depends on fundraising and donations to cover the cost of operations. Please consider donating now. Donations are tax deductible. You will receive an acknowledgement of your donation for tax purposes. _____ I have included a donation of \$_____ with my \$25 membership dues.

For Office Use Only: Renewal _____ New Membership _____ Notes _____

Date: _____ Total Paid \$ _____ Cash/Check# _____ Card Issued _____

Dexter Senior Center Member Discounts

Present your DSC Membership card to receive:

Classic Pizza - \$8 large 1 item

Dexter Pub - 20% off M-TH

My Cleaners - 10% off

Joe & Rosie - 15% off

Aubree's - 10% off (Dexter only)

Dexter Creamery - 10% off

Dexter Bakery - 15% off

Hearts & Flowers - 15% off

Dairy Queen - 15% off

Jensen's Community Pharmacy - 10% off over the counter

Cottage Inn Dexter - 10% off

Busch's Donation Program



For no extra cost, you can donate to the Dexter Senior Center just by shopping at Busch's. All you need is an email address and a Busch's MyWay account.

Log on to your MyWay account through Buschs.com, click on your name in the top right-hand corner, click on "Cash for Education", scroll down to 2024 Cash for Education. Then, choose Dexter Senior Center for each quarter of 2024 and click on "Add".

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						7		5	1				8		7		9		6
2		5			1			3		7						5			

Riddle: Not seen but felt, it's the core of the day, in every gift, and in all we say. What am I?



Dexter Senior Center
Supporters



Dexter Community Fund
For Good. For Ever. For Dexter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Dexter Senior Center</div> <div>Activity Calendar</div>				
<div>5</div> <div>10:00 - Coloring, Crafts, Needlework</div> <div>11:00 - Chair Yoga</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Bridge</div> <div>1:00-BHN Social Hour & make Glitter Jars</div> <div>2:00 - 4:00 - Cinco De Mayo Canvas Painting Class with Mexican Refreshments</div>	<div>6</div> <div>8:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Strength & Stretch</div> <div>10:00 - Chair Zumba</div> <div>10:30 - Dulcimer (Beginners)</div> <div>12:00 - Pinochle</div> <div>1:00-Dominos</div> <div>1:00 - Blood Pressure Checks</div> <div>2:00-Tai Chi</div>	<div>7</div> <div>9:30 - Pinochle</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Euchre/313</div> <div>1:00 - Choir</div> <div>2:00 - Grief Support Group</div>	<div>1</div> <div>10:00 - Strength & Stretch</div> <div>10:00 - Dulcimer</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Cribbage</div> <div>1:00 - BINGO, sponsored by Visiting Angles</div>	<div>2</div> <div>8:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Weaving</div> <div>11:00 - French Study Group (Dexter Library)</div> <div>12:00 - Pinochle/313</div> <div>1:00 - Chinese Mahjong</div>
<div>12</div> <div>10:00-Coloring, Crafts, Needlework</div> <div>11:00 - Chair Yoga</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Bridge</div> <div>1:00 - Travel Group Meeting</div>	<div>13</div> <div>8:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Strength & Stretch</div> <div>10:00 - Chair Zumba</div> <div>10:30 - Dulcimer (Beginners)</div> <div>12:00 - Pinochle</div> <div>1:00-Dominos</div> <div>2:00-Tai Chi</div>	<div>14</div> <div>9:30 - Pinochle</div> <div>12:00 - Seniors Ukes Group (Dexter Library)</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Euchre/313</div> <div>1:00 - Choir</div> <div>2:00 - Grief Support Group</div> <div>6:30 - All Instrument Jam</div>	<div>15</div> <div>10:00 - Strength & Stretch</div> <div>10:00 - Dulcimer</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Cribbage</div> <div>1:00 - Bingo</div>	<div>16</div> <div>8:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Weaving</div> <div>11:00 - French Study Group (Dexter Library)</div> <div>12:00 - Pinochle/313</div> <div>1:00 - Chinese Mahjong</div> <div>*Massage Appointments</div>
<div>19</div> <div>10:00 - Cardmaking Class</div> <div>10:00 - Coloring, Crafts, Needlework</div> <div>11:00 - Chair Yoga</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Bridge</div> <div>12:30 - Wylie 3rd grade visit & will Interview Seniors</div> <div>1:30 - Mindful Meditation Class</div>	<div>20</div> <div>8:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Strength & Stretch</div> <div>10:00 - Chair Zumba</div> <div>10:30 - Dulcimer (Beginners)</div> <div>12:00 - Pinochle</div> <div>1:00-Dominos</div> <div>2:00- Tai Chi</div> <div>*Footcare Appointments</div>	<div>21</div> <div>9:00 - Seniors Obtaining Strength</div> <div>9:30 - Pinochle</div> <div>12:00 - Seniors Ukes Group (Dexter Library)</div> <div>12:00 - Birthday Lunch</div> <div>12:30 - Euchre/313</div> <div>1:00 - Choir</div> <div>2:00 - Walking Club, Speaker from Hudson Mills Park</div>	<div>22</div> <div>10:00 - Strength & Stretch</div> <div>10:00 - Dulcimer</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Cribbage</div> <div>1:00 - Bingo</div> <div>*Reflexology Appointments</div>	<div>23</div> <div>8:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Weaving</div> <div>11:00 - French Study Group (Dexter Library)</div> <div>12:00 - Pinochle/313</div> <div>1:00 - Chinese Mahjong</div> <div>*Day trip to Michigan Central Station and Lunch at Slows BBQ</div>
<div>26 Memorial Day!</div> <div>Center Closed</div>	<div>27</div> <div>8:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Strength & Stretch</div> <div>10:00 - Chair Zumba</div> <div>10:30 - Dulcimer (Beginners)</div> <div>12:00 - Pinochle</div> <div>1:00-Dominos</div> <div>2:00- Tai Chi</div>	<div>28</div> <div>9:00 - Seniors Obtaining Strength</div> <div>9:30 - Pinochle</div> <div>12:00 - Seniors Ukes Group (Dexter Library)</div> <div>12:00-Senior Cafe</div> <div>12:30 - Euchre/313</div> <div>1:00 - Choir</div> <div>1:30 - Grief Support Group</div>	<div>29</div> <div>10:00 - Strength & Stretch</div> <div>10:00 - Dulcimer</div> <div>12:00 - Senior Cafe</div> <div>12:30 - Cribbage</div> <div>1:00 - BINGO, sponsored by Brookdale W. Eisenhower</div>	<div>30</div> <div>9:00 - Rise & Shine Gentle Yoga</div> <div>9:00 - Weaving</div> <div>10:00 - Book Club</div> <div>11:00 - French Study Group (Dexter Library)</div> <div>12:00 - Pinochle/313</div> <div>1:00 - Chinese Mahjong</div>



Dexter Senior Center

Meal Calendar

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Potato Crunch Pollock w/ Tater Sauce over Wild Rice, Whipped Winter Squash, Diced Pickled beets and Onion, Cinnamon Applesauce, WW bread w/ Margarine, Milk - 1%	2 Chicken Breast Cacciatore, Garden Salad w/ Romaine w/ Italian Dressing, Dill Carrot Coins, Strawberries w/ Whip Topping, Italian Bread w/ Margarine, Milk - 1%
5 Chicken & Cheese Quesadilla w/Salsa, Refried beans w/Cheddar Cheese, Whole Kernel Corn w/Red & Green Peppers, Orange, Chocolate Chip Cookie, Milk -1%	6 Teriyaki Beef Dippers w/ Teriyaki Sauce, baked Beans, Dill Carrot Coins, Tropical Fruit Salad, Cornbread w/ Margarine, Milk - 1%	7 Turkey Pot Roast w/ Gravy, Serve Over Mashed Potatoes w/ LS, Creamy Confetti Coleslaw, Banana, WW Dinner Roll w/ Margarine, Milk - 1%	8 Smoked Sausage Sandwich w/ Ketchup (C) & Mustard (C), Savory, Sauerkraut, Cauliflower Polynesian, mixed Berries w/ Whip Topping, WW Hotdog Bun, Milk - 1%	9 Polynesian Chicken Breast, Baked Potato w/ Sour Cream, Dey West Vegetable Blend, Pineapple Dessert, Dinner Roll w/ Margarin, Milk - 1%
12 Baked Macaroni & Cheese, Stewed Tomatoes, Green Beans, Fresh Pear, WW Bread w/ Margarine, Milk - 1%	13 Chicken w/ Cavatappi Pasta, Green Beans, Italian Garden Green Salad, w/ (garbanzo bean garnish 1oz.) w/ Romaine w/ French Dressing, Tropical Fruit Salad, Italian Bread w/ Margarine, Milk - 1%	14 Tuna Salad Sandwich, Pasta Salad w/ Vegetables, Broccoli Cheese Soup w/ LS Crackers, Fresh Red or Yellow Apple, Croissant, Milk - 1%	15 Stuffed Cabbage Garden Green Salad w/ Romaine w/ Ranch Dressing, Mashed Redskin Potatoes, Strawberries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk - 1%	16 Baked Lemon Chicken Breast, Brussels Sprouts, Marinated Chickpea & Tomato Salad, Diced Peaches, Pita w/ Margarine, Milk - 1%
19 Stir-fry Beef with Sugar Snap Peas over confetti fried rice, Oriental Vegetable Blend, Mandarin Oranges & Pineapple Tidbits, WW Bread w/ Margarine, Milk - 1%	20 Honey Mustard Chicken Breast Sandwich, Green Beans, Cauliflower w/ Cheese Sauce, Fruited Gelatin, Hamburger Bun, Milk - 1%	21 Potato Crunch Pollock w/ Tartar Sauce serve over Rice, California Blend, Pickled Beets & Onion Salad, Fresh Banana, WW Bread, Wild & WG Rice,- Milk - 1%	22 Grilled Chicken Fettuccine w/ Veg. w/ Parmesan Cheese, Italian Green Salad w/ (garbanzo bean garnish)w/ Romaine w/ Italian Dressing, Green Beans, Apple, Dinner Roll, Milk - 1%	23 Hamburger w/ Cheese & Mustard C & Ketchup, Baked Beans, Cucumber, Tomato & Onion Salad, Mixed Berries w/ Whip Topping, Bun, Chocolate Chip Cookie, Milk - 1%
26 Chicken w/ Cavatappi Pasta, Green Beans, Italian Green Salad w/ (garbanzo bean garnish) w/ Romaine w/ French Dressing, Peaches Italian Bread, Milk - 1%	27 Salisbury Steak w/ LS Beef Gravy, Zucchini & Tomatoes, Diced Carrots, Cinnamon Applesauce, WW Dinner Roll w/ Margarine, Milk - 1%	28 Cheesy Lasagna Roll Ups, w/ Parmesan Cheese, Green Salad w/Romaine w/ French Dressing, Green Beans, Strawberries w/ Whip Topping, Italian Bread, Marinara Sauce, Milk - 1%	29 Beef Philly Steak, Sandwich w/ Mozzarella Cheese, Green Pepper & Onion garnish w/ Mayo, Parsley Round Potatoes, Coleslaw, Orange, Submarine Roll, Milk - 1%	30 Turkey Tetrazzini w/ Cheddar Cheese garnish, Garden Peas & Pearl Onions, Cucumber, Tomato & Onion Salad, Apricots, WW Bread w/ Margarine, Milk - 1%

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Dexter Senior Center

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